

Introversion Scale

Directions: Below are eighteen statements that people sometimes make about themselves. Please indicate whether or not you believe each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. Are you inclined to keep in the background on social occasions?
- _____ 2. Do you like to mix socially with people?
- _____ 3. Do you sometimes feel happy, sometimes depressed, without any apparent reason?
- _____ 4. Are you inclined to limit your acquaintances to a select few?
- _____ 5. Do you like to have many social engagements?
- _____ 6. Do you have frequent ups and downs in mood, either with or without apparent cause?
- _____ 7. Would you rate yourself as a happy-go-lucky individual?
- _____ 8. Can you usually let yourself go and have a good time at a party?
- _____ 9. Are you inclined to be moody?
- _____ 10. Would you be very unhappy if you were prevented from making numerous social contacts?
- _____ 11. Do you usually take the initiative in making new friends?
- _____ 12. Does your mind often wander while you are trying to concentrate?
- _____ 13. Do you like to play pranks upon others?
- _____ 14. Are you usually a “good mixer?”
- _____ 15. Are you sometimes bubbling over with energy and sometimes very sluggish?
- _____ 16. Do you often “have the time of your life” at social affairs?
- _____ 17. Are you frequently “lost in thought” even when you should be taking part in a conversation?

_____ 18. Do you derive more satisfaction from social activities than from anything else?

Scoring: To determine your score on the Introversion Scale, complete the following steps:

Step 1. Add scores for items 1 & 4

Step 2. Add the scores for items 2, 5, 7, 8, 10, 11, 13, 14, 16, & 18

Step 3. Complete the following formula:

$$\text{Introversion} = 40 + \text{Total from Step 1} - \text{Total from Step 2}$$

Your score should be between 12 and 36. If you compute a score outside that range, you have made a mistake in computing the score. Note: items 3, 6, 9, 12, 15, and 17 are not used in computing your introversion scale.

The average score for US college students on this scale is 19, which indicates the typical student is not very introverted. Individuals scoring above 28 are highly introverted; those scoring below 20 have low introversion (are quite extroverted).

Source:

Richmond, V. P., & McCroskey, J. C. (1998). *Communication apprehension, avoidance and effectiveness* b (5th Ed.). Boston: Allyn & Bacon.